

Hosted by the Counseling & Mental Health Department

# Building Communication



## Workshop



Join us for a full-day workshop where participants will be able to identify ways to de-escalate reactive responders.

**SPEAKER**



**Roxanne Ramirez**

**Friday**

**May 2, 2025**

**8:00-4:00**

**Region One  
Sal Del Rey**

**1900 W. Schunior Edinburg, Texas**



**WS#353661**



**For more  
information contact:**

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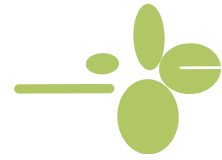
**Christina Medrano  
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956-984-6034**

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### AGENDA

#### AM Session

This session explores the purpose of emotions and strategies for recognizing and managing them while examining how sounds and music influence feelings. Through interactive auditory experiences, participants will enhance their emotional awareness and communication skills.

#### PM Session

This session will focus on effective de-escalation techniques, providing practical strategies and interventions to help counselors defuse intense situations, promote emotional regulation, and maintain safety. By enhancing these skills, participants will also strengthen their ability to foster constructive communication and build rapport to manage reactive responders.

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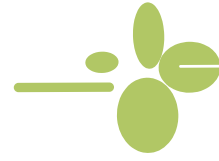
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### AGENDA

<b>8:30 – 9:45</b>	Introduction, Psychoeducation on Emotions
<b>9:45 – 10:00</b>	Morning Break
<b>10:00 – 11:30</b>	Sound of Feelings Interactive activity
<b>11:30 – 1:00</b>	Lunch on your own
<b>1:00 – 2:00</b>	Psychoeducation on Reactive Responders
<b>2:00 – 2:15</b>	Afternoon Break
<b>2:15 – 3:30</b>	Strategies and Interventions to manage Reactive Responders
<b>3:30 – 4:00</b>	Closing Remarks/Survey

